



Adult Frenectomy Post-Operative Instructions

You have undergone a surgical procedure (a Frenectomy) to release a tongue tie &/or lip tie using a laser.

Pain and discomfort after treatment:

- The wound feels like a burn in the mouth and can be painful
- There can be swelling in the first few days.
- This gradually disappears.
- Medication such as paracetamol can be taken orally or via a suppository. Check with your doctor or chemist for the right dose.

Eating and drinking:

- You may eat directly after the treatment but it is advisable to wait until the anesthetic wears off.
- If solid food hurts then take only liquids.
- Don't eat anything hot or spicy in the first few days, preferably lukewarm or cold food so as not to irritate the wound.

Healing:

- Healing can occur anytime from a few days to a few weeks.
- The wound can bleed slightly when touched. This will do no harm. If necessary press on the wound for a few minutes with a swab or clean cloth.
- Haemorrhage or prolonged bleeding occurs rarely. If this does occur always contact the provider. It is also vital to inform the provider before any treatment takes place of any problems in the family such as scar tissue or clotting problems.

For optimum healing and the best results (and minimal chance for need for further revision), please read and follow the below instructions:

Minimizing infection and maximizing comfort:

- Continue to brush teeth and keep the area as clean as possible.
- Ensure a healthy diet with and AVOID salty/sour foods (as this may be painful on the treatment area).



- Take your chosen path of relief (Paracetamol or homeopathic) especially before meals.
- Rinse with salty water or at least with water after each meal and just before sleep.

Aftercare and exercises:

- Wash hands and keep nails short.
- Carry out the exercises preferably before a feed or meal.
- The aftercare exercises should last around 15 to 30 seconds.
- Do not expect immediate results, sometimes it can take a few weeks or more before there is noticeable improvement especially when the child is older.

Wound Management Exercises for Lip / Tongue Tie Revision (preformed with finger)

Start the stretches before bed tonight. The stretches are to minimize the reattachment of the tissue following surgery. The wound stretches should be performed 3 times a day (upon waking, in the middle of the day and last thing before bed). Wash your hands ahead of each stretch session. Seat your child with the back of their head toward you for best access and effectiveness.

Upper Lip Wound Management:

- Pull lip up and in extend it to its maximum.
- Continue for 4 weeks.
- Bleeding: It is not unusual to get some bleeding during or after stretches. This should settle in a few minutes. Use gauze, a moist tea bag or a clean damp cloth with pressure if the bleeding is excessive.

Tongue Tie Wound Management:

- Press under the tongue with a finger in the middle of the lower portions of the tongue, and ride the finger back and upward along the tongue.

Any questions should be directed at the dentist

Phone: 9559 2930

We can be contacted after hours via Facebook or Instagram
Earwooddentalcare